MEET THE NEIGHBOURS

IN TELETOON'S NEW SERIES FUGGET ABOUT IT, A HARD-NOSED NOO YAWK MOBSTER AND FAMILY RELOCATE TO REGINA — UNDER A WITNESS-PROTECTION PROGRAM PAGE 8

REGINA metro®

Thursday, September 6, 2012

News worth sharing.

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Earful of evidence: Q-Tip proves Diefenbaker was dad, man says

DNA waxes eloquent. George Dryden hired private eye to collect sample from trash of former PM's cousins

George Dryden says he is going to change his name to George Diefenbaker.

The Toronto man, who has been searching for months for evidence that he is the son of John Diefenbaker, revealed Wednesday a dirty Q-Tip has finally given him the proof he needs.

Unable to find DNA from belongings of the former prime minister at the Diefenbaker Canada Centre in Saskatoon, Dryden spent the summer tracking down some of Diefenbaker's distant cousins in southern Ontario.

When they all refused to give him samples of their DNA, he decided to hire a private investigator. The sleuth collected a Q-Tip, covered with sticky ear wax, after it had been tossed away by one of the relatives, Dryden said.

He says he then had it tested against his own DNA and it revealed a genetic link to the Diefenbaker family.

The sample is not enough to prove conclusively he's the former prime minister's son, but Dryden said it shows he's a Diefenbaker by blood and that's all the proof he needs.

"I feel like I've done enough to prove it," Dryden said, adding he'll next be changing his last name to mark the discovery.

Dryden said his mission is now over. And proving Diefenbaker is his dad is not about getting any money. There is no estate or inheritance to claim, he said.

"The first thing I wanted to do was confirm he was my father which, as far as I'm concerned, I have done. And whatever comes next comes next."

The 43-year-old businessman, who bears a strong resemblance to the former Conservative leader, claims his mother had an affair with Diefenbaker in the 1960s. Diefenbaker died in 1979. THE CANADIAN PRESS

Hair sample

- Last week, the Diefenbaker Centre discovered a lock of child's hair labelled as belonging to Diefenbaker. It was discovered during renovations.
- The museum offered a piece of it to George Dryden for testing but he said there was no point. Because the hair has no roots, it likely has no DNA, he said.

George Dryden, shown in this photo taken last year, has been searching for months for evidence that he is the son of John Diefenbaker. THE CANADIAN PRESS/FILE

Quoted

"The first thing I wanted to do was confirm he was my father which, as far as I'm concerned, I have done. And whatever comes next, comes next."

George Dryden

Next stage for stadium

On Sept. 17, council will vote on a recommendation to go ahead with stadium plan PAGE 4

A plea for calm after shooting

Quebec's premier-in-waiting says her province should not be associated with violence PAGE 5

Back to School Guide

Metro's guide covers gear, gadgets and even what to pack for lunch PAGE 10

Model of social media

Coco Rocha, a.k.a. 'The Queen of Posing,' also rules the online world PAGE 13

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Quebec government

Election results to have little effect on Fransaskois

The president of Assemblée communautaire fransaskoise says Quebec's new minority government will have little power and even less impact on more than 50,000 francophones living in Saskatchewan.

Paul Heppelle says he expects little to change with the Parti Québécois only winning 55 of 125 seats, well short of the 63 seats needed to form a majority government.

Heppelle added the party's mandate of sovereignty also doesn't concern him.

"Francophones outside Quebec want to see Canada unified. We have dealt with separation governments before," said Heppelle.

METRO

Coal-fired power

Environment minister weakens emissions rules

Federal Environment Minister Peter Kent has announced long-awaited regulations to curtail emissions from the coal-fired electricity sector — and they are already being panned by critics.

The regulations are weaker than the version drafted a year ago.

Kent announced the final regulations in Saskatoon, detailing that new coal plants must emit less than 420 tonnes of carbon dioxide per gigawatt hour of electricity generated.

The standard in the draft version was 375 tonnes.

The time allowed for old plants to meet the new standard will be 50 years, instead of the previously proposed 45 years.

Several environmental groups, including the Climate Action Network and the Pembina Institute, immediately issued statements calling the new regulations inadequate.

The Sierra Club says the policy further relaxes "already grossly inadequate regulations for coal-fired power plants."

The new regulations will come into force on July 1, 2015.

THE CANADIAN PRESS

Broten kicks off campaign for Sask. NDP leadership

Throwing his hat in the ring. MLA says he wants to win back province's rural voters

MORGAN MODJESKI
Metro in Saskatoon

The Saskatchewan NDP leadership race has its first candidate.

On Wednesday afternoon, Cam Broten, MLA for Saskatoon Massey Place, threw his hat into the ring.

"I'm really excited about where we are as a party," said Broten. "It is at the phase now where we're doing the proper building that needs to occur so we're once again appealing to the Saskatchewan people."

In his announcement — made from his campaign headquarters in Saskatoon — Broten said he'll be focusing on making Saskatchewan a stronger province and society. He said he will focus on a more diverse party, education and improved health care.

"Those are some of the main causes that bring us a healthy society," said Broten.

He also said he'll be trying to win back rural voters he feels are being neglected by the Saskatchewan Party.

"I think in many rural parts of the province the Saskatchewan Party takes the vote for granted," said Broten. "Part of the approach is asking rural people to take a second look at us and to ask individuals to take a look at what we're talking about."

Current seats

Current seats in the Legislature:

- Saskatchewan Party: 49
- NDP: 9
- Total: 58

Quoted

"I think in many rural parts of the province the Saskatchewan Party takes the vote for granted."

Cam Broten, MLA for Saskatoon Massey Place

Cam Broten announces his intentions to run for the leadership of the Saskatchewan NDP Wednesday afternoon with his wife, Ruth, and youngest daughter, Clara. MORGAN MODJESKI/METRO

1 NEWS

Mobile news

Thought public proposals couldn't get any more (insert adjective here)? Scan the code to watch a groom with a bleeding heart fake one in the name of love.

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All 15 workplace laws in Saskatchewan are being rewritten. You should have a say.
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your work
your say

Mayor Pat Fiacco speaks with the press after an executive committee meeting on Wednesday. A financing plan for the stadium was approved to go before council. CARRIE-MAY SIGGINS/METRO

Exec council OK's $2.5M stadium plan

Private-public partnership. Stadium Design/Build/Finance project is now set to be voted on by council

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

A recommendation authorizing the city to proceed with a Design/Build/Finance (DBF) procurement approach to Regina's stadium project is set to be voted on by council.

At the city's executive committee Wednesday afternoon, members discussed stadium plans for over an hour and 45 minutes before unanimously voting to pass the recommendation, including the approval of $2.5 million from the general fund reserve to support the DBF procurement process. Council will vote next on Sept. 17.

DBF procurement is based on a P3 model, or private/public partnership, that would hire an outside company to design, build, and finance the stadium.

Using this model, the private firm would put up some initial financing during construction stages of the project.

Committee members asked the deputy city manager and chief financial officer to clarify a number of points, including what this private partnership would mean in terms of ownership.

"Ownership rests with the city," Brent Sjoberg, deputy city manager of corporate services, responded.

"There is no transfer of ownership." He added an outside firm having to find lenders of their own would come with the benefit of additional scrutiny.

According to Sjoberg, concept designs for the stadium will be available to the public in coming months.

"If the design is estimated to come to higher costs, we'll look to revise the design so that it is within budget."

Other council news

Regina's executive committee also voted Wednesday to pass a recommendation for recycling fees on to council.

- Households will pay $91.25 a year, or 25 cents a day, for the service. It's a mandatory cost that would be added to a homeowner's utility bill.
- The first stage of the program would run from July 1, 2013 until 2015, and is considered a trial stage.
- During this 30-month period, those living in multi-unit housing will not receive the service.

The artist as a young stripper?

No one would confuse the Nite Moves strip club with the Bolshoi Ballet, but what the lap dancers do there is art and entitled to the same tax exemption other performances enjoy, a lawyer argued Wednesday in what was surely one of the racier tax cases ever to go before New York's highest court.

W. Andrew McCullough, an attorney for the suburban Albany strip joint, told the Court of Appeals that admission fees and lap dances at the club should be freed of state sales taxes under an exemption that applies to "dramatic or musical arts performances."

He said that lap dancing is an art form and that, in any case, the state is not qualified to make such determinations, and that making such distinctions would be a violation of the constitutional right to freedom of expression.

A lawyer for the state rejected that analysis, and authorities are demanding about $400,000 in back taxes from the club. A ruling is expected next month, with possible consequences for the estimated 150 to 200 adult nightclubs in the state.

During Wednesday's arguments from the club's lawyer, a skeptical Judge Eugene Pigott Jr. said the women are hired untrained and simply "do what they do."

"We need to get past the idea that somehow this is the Bolshoi," Pigott said.

McCullough acknowledged that, but added: "What we're saying is the state of New York doesn't get to be a dance critic." THE ASSOCIATED PRESS

The 10,000-hours theory?

"It's definitely a form of art. Some girls are up there practising for hours when nobody's in here.

A dancer at Nite Moves, where there was only one customer at the time. She declined to give her name.

Waiting to digest. X-ray proves man ate diamond

A man visiting a gem exhibition in Sri Lanka's capital swallowed a 1.5-carat diamond in front of the owner and was taken by police to a hospital, where an X-ray showed the $13,000 stone inside him.

Exhibitor Suresh Wijekoon said the man was behaving suspiciously at his stalls and when he reached closer to the suspect, the man suddenly swallowed the diamond at his hand before Suresh alerted police at the exhibition venue.

Chou Wan, a 32-year-old from China, is in custody pending further investigation, police spokesman Ajith Rohana said.

An X-ray proved the diamond was inside Chou's body, said hospital director Dr. Anil Jasinghe at Colombo National, where the suspect was taken. THE ASSOCIATED PRESS

Gem exhibition

- Sri Lanka does not mine diamonds but is renowned for other highly treasured gems.
- Facets Sri Lanka 2012 is the island nation's annual largest gem and jewelry exhibition and it attracts a large number of local and foreign buyers.

Serious injury

Czech zookeeper hurt by hippo

A zookeeper in the Czech Republic was rushed to hospital by helicopter after being seriously injured by a pygmy hippopotamus Wednesday. An official said the woman was being treated in an intensive-care unit. THE ASSOCIATED PRESS

'Die Hard' policeman

Traffic cop thinks he's Bruce Willis

A South Korean traffic cop who arrested a drug suspect after clinging to the windshield and roof of the car for 25 minutes has gotten a promotion and is being called the "Die Hard policeman" by local media. THE ASSOCIATED PRESS

Protester nabbed bear-handed

A police officer detains a Greenpeace activist dressed as a polar bear outside Gazprom's headquarters in Moscow on Wednesday. Russian and international environmentalists are protesting against Gazprom's plans to pioneer oil drilling in the Arctic. MISHA JAPARIDZE/THE ASSOCIATED PRESS

Lake mystery. Police tight-lipped over torso found in floating suitcase

A rotting torso was found stuffed inside a suitcase floating in Lake Ontario off the shore of a Toronto park Wednesday.

But police wouldn't say if the discovery was connected to the slaying and dismemberment of Toronto woman Guang Hua Liu.

Police said two boaters spotted the suitcase about 2.5 kilometres from shore in Toronto's east-end.

The boaters towed the suitcase to shore and contacted authorities, who searched the waters but found nothing further. The coroner was brought in and conducted an initial investigation.

"The coroner has determined at this time the contents of that suitcase to be that of human remains, to be specific, that of a badly decomposed torso," said Toronto police Det. Les Dunkley.

An autopsy was ordered for Thursday.

Parts of 41-year-old Guang Hua Liu's body — but not her torso — were found in mid-August scattered west of Toronto and near her home in the city.

Liu's estranged boyfriend, Chun Qi Jiang, 40, was arrested Aug. 26 and charged with second-degree murder.

THE CANADIAN PRESS

Quoted

"Until we get the results of (the) post-mortem examination, Toronto police (are) treating this as a suspicious death investigation."

Det. Les Dunkley

Conflict case. Toronto's Mayor Ford denies guilt

Toronto Mayor Rob Ford repeatedly denied doing anything wrong as he faced an Ontario judge Wednesday over a conflict of interest allegation that could see him kicked out of office.

Ford is in trouble over donations he solicited using an official city letterhead for his private football foundation.

He admitted he had his staff help him stuff envelopes and address them to 11 potential donors but said he paid for the stamps and envelopes himself.

The city's integrity commissioner, Janet Leiper, had found Ford's actions violated the conduct code for councillors. Some of the $3,150 received was from lobbyists and the commissioner recommended Ford pay back the funds.

He never made the repayments, despite several reminders from the commissioner.

Paul Magder, a Toronto resident, launched the lawsuit last March alleging Ford violated the Municipal Conflict of Interest Act.

THE CANADIAN PRESS

Was Marois the target in fatal gun attack?

Charges pending. Panic ended the election euphoria as Quebec premier-elect was dragged off the stage to safety

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were questioning the only suspect Wednesday.

He was being evaluated at a Montreal hospital and a police spokesperson said he expects a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police don't rule out the possibility that Premier-designate Pauline Marois was the shooter's target.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday. "Never, never will I accept that Quebec is associated with violence," she said.

THE CANADIAN PRESS

Quebec Premier-designate Pauline Marois reacts Wednesday as she comments on the post-election shooting in Montreal. "Never, never will I accept that Quebec is associated with violence," she declared.

PAUL CHIASSON/THE CANADIAN PRESS

Charest: 'We are blessed'

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announcement in Quebec City Wednesday praising Canada.

"We are all blessed to have been born in this country,'' said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders,'' he said.

Charest's resignation will take effect in a few days when the Parti Québécois officially takes power.

Charest lost his own seat in the provincial election.

He prided himself during his three mandates as premier as a sound economic manager, particularly during the 2008 economic crisis.

THE CANADIAN PRESS

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Market Minute

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Natural gas: $2.795 US (-5.9¢)
Dow Jones: 13,047.48 (+11.54)

BoC. Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

And while Carney left his tightening bias unchanged — meaning the next move will likely be to raise rates — his suggestion that low interest rates are at least partly responsible for keeping Canada's economic head above water in the face of global turbulence hinted at continuing that policy.

But CIBC chief economist Avery Shenfeld said with the trend of growth at about two per cent, the economy is unlikely to make much progress in closing the output gap — the measure of when the economy is running on all cylinders.

Canada recorded a modest 1.8 per cent growth rate in both the first and second quarter of this year, and projections are for a similar tepid performance in the second half of the year.

The Bank of Montreal's Doug Porter also gave short shrift to the tightening bias language.

"We now expect the bank to remain on hold deep into 2013, even as they continue to signal that the next move in rates is still likely to be higher rather than lower."

THE CANADIAN PRESS

Lumia to battle iPhone

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, on Wednesday, in New York. MARK LENNIHAN/THE ASSOCIATED PRESS

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User fees mean good business for Ottawa

Budget watchdog. Revenues from goods, services that feds offer to public raked in $8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over $8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the $3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, buildings and vehicles, or such things as temporary-resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. THE CANADIAN PRESS

Revenue sources

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about $31 billion from services to the public, four times what the feds took in, and municipalities earned roughly $18 billion.

Pew survey

Mobile-app users doubt privacy

More than half of U.S. mobile app users say they have decided not to use an app on their phone because of concerns over privacy.

A study released Wednesday from the Pew Internet & American Life Project found that 54 per cent of mobile app users decided not to install one once they found out how much personal information they'd have to share to do so. THE ASSOCIATED PRESS

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EVERYTHING YOU'VE LEARNED IN SCHOOL ... IN 12 MINUTES

HE SAYS...
John Mazerolle
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.

2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering "new math." How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

- Acting:
  1) Don't act. Just read the lines.
  2) No, read the lines better than that.
  3) You're terrible.
  4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.
- Stand-up:
  1) People who think they're bad at stand-up are often good at it. People who think they are great at stand-up are usually terrible.
  2) The only stand-up comic in the world who enjoys Dane Cook is Dane Cook.
  3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
  4) When stuck for an idea, think of anything — anything — other than genitalia. Please. For me.
- Sketch:
  1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction "A helicopter descends ..."
  2) Rubber chickens ARE funny. Seriously.
  3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word "haberdashery."
- Improv:
  1) If someone says, "Welcome aboard captain, shuttle ready for launch," the correct response is not, "But this isn't a rocket ship! It's a driving exam!"
  2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the $5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.

Think school is a waste of time? You're right. ISTOCK

Taking a bath beak-ause

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

South African wildlife

55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned to the wild after recuperating. THE ASSOCIATED PRESS

A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

Waddling away

Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach on Friday, a storm hit, which led to the oil leak.

So far, 10 cubic metres of oil have been removed, according to a South African news website. It reported the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore.

Operations are expected to cease by Friday. METRO

Area affected

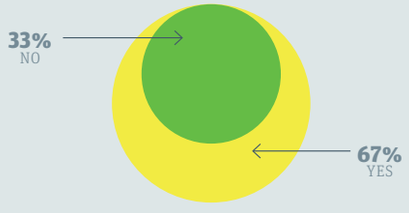
1 km

The oil has spread over one kilometre along the coastline, and run-off continues to pollute the surrounding area.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Apple buy RIM?



Twitter

@himpster:
I swear they are sending the entire #yqr emergency response fleet to this accident. Police, ambulance, aaaaand now fire sirens. #LetMeSleep!

@gordiechan:
Torn between NFL tonight and what will surely be a lot of Twitter activity resulting from #yqrcc . #decisions #yqr

@sengerKY:
Always weirded out by guys who wear hawaiian shirts in #yqr. Your vacation is over buddy, just let the floral print go..

@jayfish82:
I love Italian Star Deli sandwiches. Best sandwich in #yqr

@alisonudge:
Clearly I've missed some leaps and bounds that were made in the fashion world for fall 2012 #UofR #yqr

metro

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SCENE 2

Mobster Jimmy Falcone moves to Regina in new 'toon

Fugget About It.
New Teletoon At Night series follows life of a Big Apple crime family as they adjust to their new lives under the witness protection plan

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

One of organized crime's most notorious figures has taken up residence in Saskatchewan, but residents needn't worry about a rise in criminal activity.

Mobster Jimmy Falcone, formerly of the Gambini crime family, resides in Regina in animated form only.

The new Teletoon original animated series Fugget About It follows Falcone and his family as they transition from New York to witness-protection-plan-enforced life in Regina.

"It's a city full of good-natured, wonderful people," said co-creator Willem Wennekers in a telephone interview.

"And that's a great foil for our mob family's main character, to drop a bunch of hard-nosed New York gangsters among the kindly, salt of the earth people."

The old saying "write what you know" definitely applies to Wennekers. While he may not have any first-hand experience with the mafia, he knows the city the Falcone family is calling home quite well.

The Calgary native studied film and video at the U of R, and lived in the city for seven years before moving to Ontario. He and co-creator Nicholas Tabarrok came up with the idea several years ago and wanted to set the show in Regina from the beginning.

"We both realized we're big fans of The Sopranos and movies like The Godfather and Goodfellas and came up with this idea of taking characters like that and putting them in witness protection in Canada," said Wennekers.

An early attempt at an animated demo didn't pan out, but it did attract some high profile interest. The Daily Show with Jon Stewart's Jason Jones, who lent his talents to the demo and returned as a guest voice on the series, is just one of the big names involved.

"We're very happy to have him and we're happy to have Alan Thicke and the legendary Andrea Martin as guest voices," said Wennekers.

The duo first approached Teletoon with the show idea in 2009, but it wasn't until the network launched its new At Night programming this year that Fugget About It found a home. And while a long career in television is often about as likely as one in organized crime, production has already begun on Season 2 before the premiere episode has even aired.

"Teletoon is very supportive of the show," said Wennekers. "They seem to really like it and they're letting us run with it for now."

The series premiere of Fugget About It runs at 11 p.m. on Friday, on Teletoon.

The Falcone family adjusts to life in Regina in the new Teletoon at Night series Fugget About it. HANDOUT

Why we love the mob

Wennekers understands why people love a good mobster story: "I think audiences can live vicariously through mobsters because they can do basically whatever they want. They have no regard for the law or social conventions; it's fun to watch people like that onscreen."

He's not the only one who thinks so, as three of the top 15 movies of all time as ranked by IMDB users feature mobsters. At No. 15 is Goodfellas, The Godfather Part 2 holds the No. 3 spot and The Godfather comes in at No. 2, beat out only by The Shawshank Redemption.

On the web

A week before release of anticipated disc, Bob Dylan reopens theatre in N.Y.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is f—ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.

No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a second dude to the lineup. At this rate, they might have to lower their standards a bit.

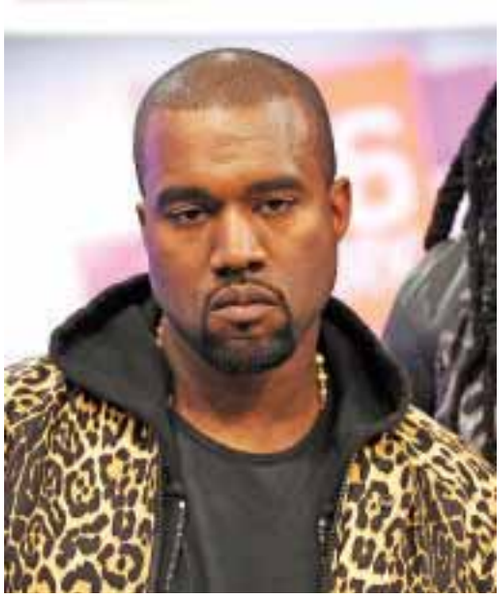
Kim Kardashian would probably be interested.

Mariah Carey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Thanks for the honesty about Kim, Kanye!

PAT HEALY
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

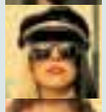
"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!

Twitter

@JessicaSimpson
24 is my new treadmill show!! How have I not watched this show before now?!?! Jack Bauer is my hero!

@hitRECordJoe
Anyone know any good jokes?



@ladygaga
MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"

@AlbertBrooks
Are you better off than you were 4 years ago? Physically? No way.

Jessica Simpson. ALL PHOTOS GETTY IMAGES

'I let myself indulge in everything I wanted': Jessica Simpson

Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

"I didn't realize (the weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

Who are you running for?®

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Sunday, September 30, 2012
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cbcf.org

Canadian Breast Cancer Foundation

CIBC FOR WHAT MATTERS.

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Always connected

metro
BACK TO SCHOOL
Thursday, September 6, 2012

MIKE YAWNEY
For Metro

Talk, text, and post pictures to Facebook. Sound familiar? Yes, smartphones and cameras make wonderful back-to-school gifts for the student in your life. Here are a few of the best devices to send to the classroom this fall.

Samsung Galaxy SIII — $159.99 (with contract).

iPhone 4s — $99 (three-year contract)

A smartphone that's easy on the eyes, literally. The high-resolution Retina display has such a high-pixel density, the human eye can't distinguish individual pixels, which means no eye strain. An ultra-fast processor ensures top performance while surfing the web or using any one of the more than 500,000 apps in Apple's App Store. The perfect phone for work and play.

HTC One X — $79.99 (three-year plan)

This Android smartphone has a lot going for it. An eight-megapixel camera let's you document student life without lugging around a bulky digital camera. Audiophiles will love the high-end sound from Beats Audio built right into the phone. Let's not forget about the 4.7-inch HD screen that allows you to watch movies in their full cinematic glory. That is, of course, once your homework is done.

Motorola Defy Pro — $0.01 (with contract)

Accidents happen. They just seem to happen to some more than others. The Motorola Defy Pro can handle spills, dust, scuffs and scratches, and features a full qwerty keyboard. The best feature may be its battery, which can handle 12 hours worth of talk before needing a charge.

Samsung Galaxy SIII — $159.99 (with contract)

The hottest Android phone of the summer. This phone has all the bells and whistles. It will respond to your voice and will even monitor your eye movements so it never goes to sleep while you are looking at it. Have a friend who uses a Galaxy S3? Simply touch your phones together to transfer photos, music and videos.

Pentax Optio WG-2 — $349.95

Rough and rugged, this 16-megapixel camera can dish out even the toughest punishment from the most careless student. It's dust-proof, waterproof, shockproof, and crush-proof. What's most impressive is its ability to take photos in macro mode from as close as one centimetre away, plus a digital microscope mode that allows for images of magnified objects.

Panasonic Lumix ZS20K — $399.99

A camera that's ready when you are. Light Speed Auto Focus allows this camera to focus in 0.1 seconds so you will never miss a moment of campus life. Not only does this 14.1-megapixel camera feature 20x optical zoom, it also has a special nano coating on the lens to block reflected light to prevent ghosting and unwanted flares.

Canon Powershot G1 X — $799

A 14.3-megapixel camera for students who expect more out of their photos. The GX 1 features an extra large CMOS sensor, roughly six times the size of that found in the Powershot G12, allowing more colour fidelity and sharper low light images. It's certainly not cheap for a fixed-lens camera, but its performance outshines other cameras in this category.

Clockwise, from top, Motorola Defy Pro — $0.01 (with contract), iPhone 4s — $99 (three-year contract), HTC One X — $79.99 (three-year plan), Panasonic Lumix ZS20K — $399.99, Canon Powershot G1 X — $799, Pentax Optio WG-2 — $349.95.

Amp up teen wardrobe with colours, prints and textures

STEPHANIE ORFORD
For Metro

This fall, colour and pattern aren't frivolities. They are style requirements, according to Sarah Smithers, fashion expert at Winners.

Key trends for teen girls and boys this fall incorporate both.

While denim and other basics lay the groundwork for solid fall style (denim vests!), this season they are amped up with a riot of exuberant colours, prints and textures.

Girls — Coloured Denim

The shape: Skinny. The colours: Go crazy. Jeans are a perennial back-to-school style staple, but this season teen girls are taking the trend further with bold updates to basic blues.

Coloured and printed skinny jeans have been seen on celebs including Dakota Fanning, Taylor Swift and the Jenner sisters, so it's no surprise this trend is a big one for back to school. Think floral, geometric and animal prints.

Girls — Upper East Side

A pretty take on private school style, the Upper East Side style pairs sweet with tailored to capture a preppy look with a twist. Printed tops in light, soft fabrics with pretty details like bows are tempered by dark, neutral tailored blazers to create a sleek look. For more edge, add statement accessories like leopard leggings and studded slipper shoes.

Boys — Varsity/Collegiate

Collegiate cool pieces are scoring top style marks for teen boys this fall. Varsity-style jackets and sweaters have been spotted on Brit bands like One Direction, as well as on homegrown celebs like Drake and Justin Bieber. Teen boys are looking to recreate similar looks for themselves this September.

Paired with simple, dark-coloured jeans, letterman jackets and vintage-inspired collegiate cardigans deliver a look that's current while referencing classic American college style. Checked shirts are another fall staple.

Boys — Colour Blocking

Warm, cosy layers for cold weather will be essential, of course. This season's back-to-school style basics, like comfy cotton hoodies and nylon pack-away puffer vests, are updated in ultra-saturated neon hues and sporty styles.

When paired with more subdued denim in blue or grey, these pieces take a balanced approach to colour blocking for teen boys.

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Bold patterns and prints are right fit

Young fashion. Three clothing trends for kids 12 and younger to wear back to school

STEPHANIE ORFORD
For Metro

Left, jacket, $34.95; right, sweater, $17.95, skirt, $19.95,and beret, $14.95, all available at H&M, hm.com/ca/. H&M PHOTO

Left, cardigan, $24.95, shirt, $12.95, trousers, $24.95; middle, cardigan, $24.95, trousers, $17.95, cap, $7.95; right, polo shirt, $12.95, denim trousers $19.95, all available at H&M, hm.com/ca/. H&M PHOTO

Alongside that new box of felt pens and crisp new stationery, new clothing in bold patterns and prints will inspire kids 12 and younger to start the school year, according to Karen Richter, showroom manager for H&M Canada.

H&M's line for kids is an adaptation of what the Swedish clothing giant is doing for adult clothing this fall, she explained.

"There is a tendency for many adult fashion trends to trickle down into the kid's collection," she said.

"There are often many mini-me pieces in our kids collection."

At the same time, H&M's kids' offerings alter the adult fashion trends by amping up the colours and patterns and incorporating fun textures like corduroy, velvet and faux fur.

Here are three trends H&M is doing this fall for the younger-than-12 set.

Anglomania

The Anglomania trend is clean and sharp, giving off a put-together feel with a hint of English eccentricity.

For girls, this means mixing and matching checks, florals and stripes. Knits are also essential. Cable and Fair Isle-patterned knits add colour and texture, and look best in British tomboy style — worn with a roomy fit.

Boys' clothing encourages similar mixing and matching with bold argyle pieces, checks, block stripes and prints such as dots or skulls.

Mixing prints and pairing unexpected colours is key.

Preppy Style

Prep is clean and classic. It never really goes out of style and provides neutrals to pair with bolder pieces. This fall's staples include blazers, chinos and collared shirts. Stripes and vintage-style prints lend a nautical feel to both boys' and girls' pieces.

The Wilderness

This is a more casual, on-trend look. Girls' clothing takes inspiration from the Wild West, folklore and Santa Fe, incorporating colourful, geometric prints that reference traditional Native American blankets. Include heavy knits for a rustic edge, and bold colours to modernize the look.

Boys' clothing takes the trend in a slightly different direction, using sporty details to give a feeling of outdoor adventure. As with the girls' version of this trend, colours of nature are mixed with bold, artificial brights.

As the mercury falls, a good coat and other cover-ups will become essential. Wrap up and stay warm in lots of easy layers of wool, corduroy and fleece.

"It's important to parents that kids' clothes are affordable, functional, comfortable, and easy to co-ordinate, but still fun and fashionable to keep children happy," Richter explained.

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Healthy stomach leads to healthy mind

Fresh lunch ideas means your child will probably eat what you give them, rather than throwing it away or trading it with other students. HEMERA/THINKSTOCK

ASTRID VAN DEN BROEK
For Metro

What to pack for lunches this school year? If your child keeps coming home with containers full of sandwiches, maybe it's time to switch things up.

Lianne Phillipson-Webb, a registered nutritionist and founder of Toronto-based SproutRight, shares her fresh lunch ideas.

Think Outside The Sandwich

"Even if it's a wrap or filling a pita, you want to have balance in what you pack between carbs and protein so your child has energy during the day," says Phillipson-Webb.

"So you could fill with tuna, egg or meat. To keep it from going soggy, if you thinly spread butter or mayonnaise it acts as a barrier."

Play With Your Fillings

Combine two sure-fire kid-friendly foods such as grated cheese and grapes. Or Tahini (sesame seed butter — check with your school first to see if it's allowed) and a banana inside the wrap.

Try A Different Wrap

Steal a page from fresh spring rolls and try rice paper wraps. "You just have to make the paper wet and fill it with vegetables, tofu, avocado, mango, pineapple, noodles — whatever you like," she says.

Or Try A Brand New Filling

Such as pressed cottage cheese.

"It has more protein than a cream cheese and if you want to sweeten it up, you could spread a fruit jam on it," she says.

Look for it in the dairy cooler in the supermarket.

No need to throw out that lunch bag anymore

Forget the brown paper bag. Today's bags focus on being reusable and washable. Here's what's hot in lunch bags.

Matchy-matchy: Many retailers are pairing lunch bags with backpacks, both featuring the same design.

Bright and colourful: Hot colours in lunch bags include hot pinks, oranges, yellows and blues for girls and bright reds and blues for boys.

Going old school: Not all lunch bags are of the zip-top, insulated interior kind. Metal flip-top lunch boxes featuring superheroes such as Superman and Batman are also popular.

Grown-up lunch boxes: "For the more mature students we have Elle lunch bags that come in a wide variety of colours and sizes and they look almost like a small carrying bag," says Steve Grebenc, a general manager for a west-end Toronto-based Staples Canada. "Some of them come with utensils as well. And for patterns, stripes are popular and prints such as circles and squares on them."

Lunch bags, $9.97 each, available at Walmart, walmart.ca.

What will you do with last years school clothes and accessories?
Why not donate them to the Sally Ann
WE ARE IN URGENT NEED OF YOUR GENTLY USED CLOTHING AND HOUSEHOLD ITEMS.
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COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

SOCIAL MEDIA STAR

What designers are you most excited about this season?
A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

What do you look for in an item of clothing or an outfit?
The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

Why do you think fashion matters?
It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

The fashion industry is competitive, but you've maintained a sense of humour.
Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that I was a quirky little nerd in school and came to grow into myself to become something that — who knew I could?

People tend to love or hate social media. Why did you decide to make it yours?
At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog. I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

Yeah, so why do you feel the need to share personal moments with your Instagram followers?
My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

What do you think about the use of Photoshop? Necessary or useless?
It's fine to remove a blemish or some fuzzies in your hair. But when you remove my arm or my waist and tell people, 'this is who she is,' you're playing with fire. Guess what? That's not how I look. It's almost telling me, the model, I still wasn't good enough. When Elle Brazil ignored my contract that stipulated no nudity and used Photoshop to remove my body suit, I felt violated. I looked pretty much topless. It's like if I went up to a woman and took her top off in front of the whole world.

You've been called the "Queen of Posing." What's in a pose other than face angles and hip jutting?
It's about confidence. Most models are the quirky, dorky girl from school put in a situation where she's supposedly beautiful and unique and with all these people counting on her and she's like, 'what am I doing?'

During fashion weeks, Coco will be filming The Face, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.

Top 5

Coco's top five tips for becoming a social media superstar.

1 Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?

2 Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.

3 Be responsible. Your workmates are going to see this, not just your friends. In the end, your bosses can see it.

4 Be visual. Make your site look beautiful. Don't just put up a photo of you hanging out in the bathroom.

5 Express yourself. On Instagram, a lot of people just take a photo and put it up. I take about 15 of the same thing until I've got the perfect photo, then play with it and see how it looks and only then do I publish it.

On the Web

New event home among fresh changes afoot for Montreal Fashion Week

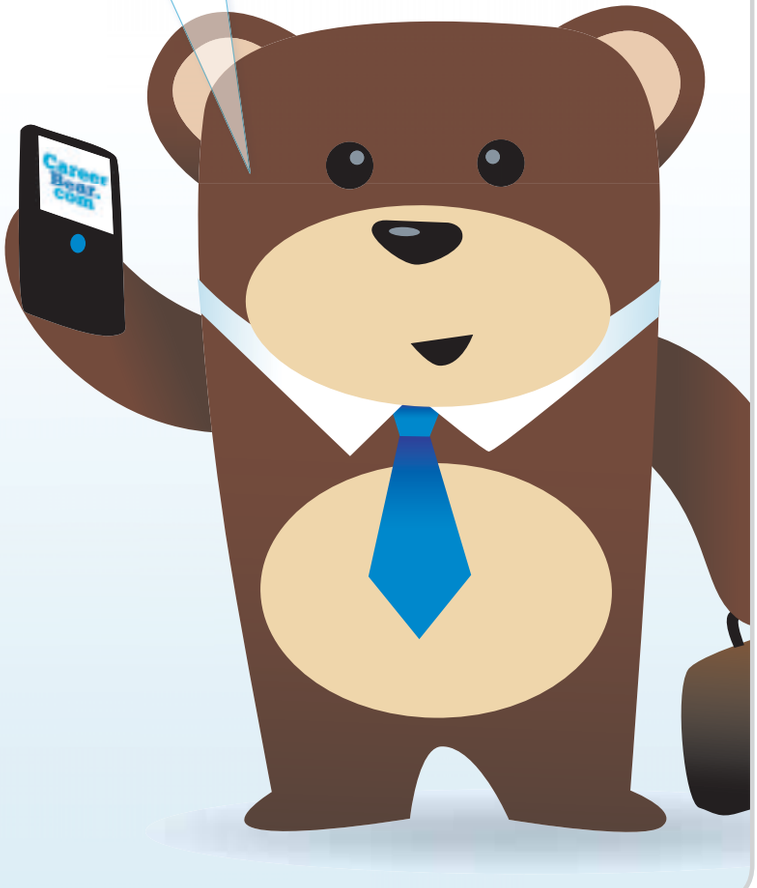
Career Bear

Do you know...

What careers offer the greatest flexibility for parents?

When you should be looking for a career change?

What schools offer the training you need?



The Kit

Canadian street style

Spotted in: Ottawa

Mahlet Seifu

Business intelligence consultant and handbag designer at Me.Tu

Age: 30

What she's wearing
Vero Moda sweater, H&M skirt, Me.Tu purse, BCBG shoes

Her inspiration
"I love playing with colour! Feminine girly looks and versatile purses is what my style is about. I'm really inspired by Liya Kebede. Her style is so natural and elegant at the same time."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

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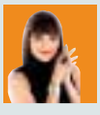

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: What's the toughest decision YOU ever had to make?

@ALittleCavalier
Deciding to be a good, happy, decent person over a pursuit of absolute wealth. It was a good decision.

@Jeanne_Beker
You sound like my kind of person! Kudos...

@TrevorBoller
walked away from my first marriage? #goodquestion lol

@Jeanne_Beker
Yeah, gutsy. Been there.

@hurleyventi
Every morning when I pick out my outfit for the day..

@MeaganArtisan
I was adopted @ birth, I was given an opportunity to establish a relationship w a biological parent/ siblings. I have.

@Jeanne_Beker
Bravo! I commend you for your courage... THAT must have been a tough decision!

@Nalonie_Dawn
to leave my current full time job, so I can attend a make up program and pursue a career in the makeup industry!

@SandolaCo
leaving a job I no longer had passion for without having a job to go to. But have had no regrets...love what I do now! :)

Enter your home in style

Design Centre. A reader gets advice on how to organize and jazz up her front entrance

I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

Be decorative

• Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visually larger. Lay a decorative yet durable runner for comfort and colour under foot.

Add slim furniture

• Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

Where to splurge

• A decorative light fixture is always a good investment and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

• If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

• A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.

• Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.

Paint the inside of your front door a stylish, glossy colour. Benjamin Moore's Moroccan Spice AF285
BENJAMINMOORE.CA

Red Mahogany Wood Hangers, $9/set of 4

Oversized wooden hangers are strong for all the coats in the closet. BedBathAndBeyond.ca.

Infinity Console Table, $298

A sleek 12-inch console table is the perfect size for a small foyer. HomeDepot.ca

Victorian Hotel Pendant, $1675

A splurge of quality lighting will help to create a great impression when coming home. RestorationHardware.com

Gabbeh Modern 31"x 90", $363

All wool Gabbeh style hall runner makes a colourful statement when entering the house. EcarpetGallery.com

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Delicious bites coming to a television near you

On TV

Show's 3rd season hits the road

Looking for some inspiration for your next dinner party or some advice on what not to do? Season three of W Network's Come Dine with Me Canada has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

Come Dine with Me Canada follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a $1,000 cash prize. METRO

Come Dine With Me Canada. As the show sets to return for another season, get in the mood with contestant recipes

Beef Wellington by Sandra Latcham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece. Set aside.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins., lower oven setting to 180 C (350 F) and bake another 15 mins. Allow to rest 15 mins. before slicing and serving with accompaniments. Beef should still be pink in centre when served.

Haricots Verts, Roquefort, Black Walnuts & Crispy Prosciutto

1. Bring pot of water to boil. Add beans and blanche 2 mins. Drain and put in ice bath.

2. Pan fry prosciutto in skillet until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts and toss till warm and melted. Garnish with Prosciutto.

Ingredients

Beef Wellington (individual)
- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

Haricots Verts, Roquefort, Black Walnuts & Prosciutto
- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

Gratin Dauphinoise
- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise

This Beef Wellington is sure to impress guests. PROPER TELEVISION

Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt, pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic. Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs. SANDRA LATCHAM

Talk to your family

Organ and tissue donation saves lives.

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister

Register today. Find out how and
Read the rest of the story at
www.kidney.ca/register

Dajana's summer Shrimp Bruschetta

This Shrimp Bruschetta makes a great appetizer. PROPER TELEVISION

"This tasty appetizer was inspired by the flavours of summer and is my twist on bruschetta, with the addition of plump shrimp and creamy avocado," says Come Dine with Me contestant Dajana Fabjanovich of Edmonton. "It also happens to be one of my favourite things to make, especially if I'm hosting a dinner party or if I need a delicious easy-peasy dish to bring to a friend's potluck."

1. Combine shrimp, lemon rind and juice, capers, chopped basil, garlic, tomatoes and avocados in a bowl.

2. Chill in refrigerator. Serve on crostini or with tortilla chips. RECIPE COURTESY OF DAJANA FABJANOVICH

Ingredients

- 1 lb cooked shrimp, chopped
- Rind of 1 lemon, grated
- 1 tsp lemon juice
- 2 tbsp capers
- 3 tbsp chopped fresh basil
- 4 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 1 1/2 cups tomatoes, diced
- 1 – 2 avocados, cubed

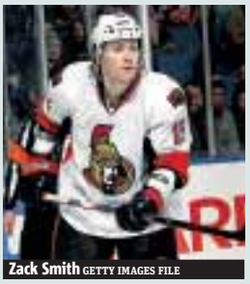
NHL

Senators sign Smith to 4-year extension

The Ottawa Senators locked up centre Zack Smith to a $7.55-million, four-year extension on Wednesday.

The 24-year-old from Maple Creek, Sask., is coming off a career season of 14 goals and 26 points in 81 games.

THE CANADIAN PRESS



Zack Smith GETTY IMAGES FILE

Mixed martial arts

St-Pierre, Silva super-fight 'pretty close,' says White

UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middleweight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title-holder, later this year.

THE CANADIAN PRESS

NFL

"You're not trying to get autographs from them, you're trying to win a game."

Rookie QB Andrew Luck on facing pro bowlers Julius Peppers and Brian Urlacher when his Indianapolis Colts take on the Chicago Bears this Sunday.

Sharapova rallies to secure spot in final four at U.S. Open

Maria Sharapova celebrates her victory over Marion Bartoli in the U.S. Open quarter-finals in New York on Wednesday. DARRON CUMMINGS/THE ASSOCIATED PRESS

Tennis. Third-seeded Russian 'really another player' after returning from rain delay

Maria Sharapova came from behind after a rain delay for the second straight match, advancing to the U.S. Open semifinals with a three-set victory over Marion Bartoli on Wednesday.

The four-time Grand Slam champion won 3-6, 6-3, 6-4, a day after the quarter-final started.

Sharapova had trailed 4-0 when rain halted play. After more wet weather delayed the restart, she couldn't erase the deficit in the first set but gritted out the win to improve to 12-0 in three-set matches this year.

"It's a great statistic. It shows that I enjoy the battle no matter what the score is," she said. "The third set, it's the last set out there, and there's no reason why you shouldn't put everything out there."

Once they returned to the court Wednesday, Bartoli said, "it was a totally different match."

"The first time when we start maybe Maria was a bit slower on her footwork," she said. "She wasn't serving that well. Obviously coming out again today she was really another player."

But the 11th-seeded Bartoli, in the U.S. Open quarter-finals for the first time, wasn't about to complain about her bad luck.

"I wish I had the power over the sky and say, 'No, please, don't rain,"' she joked.

In the fourth round Sunday, the third-seeded Russian was down a break in the third set to Nadia Petrova before rallying after an hour-long break. She will face top-ranked Victoria Azarenka, who finished her match Tuesday.

Sharapova broke Bartoli's serve at 4-4 in the decisive set to put herself in position to serve out the match. The Frenchwoman saved two break points and earned a game point, but Sharapova pressured her into three straight mistakes to go up 5-4.

Sharapova's 10th ace gave her match point.

THE ASSOCIATED PRESS

Quoted

"I've never been so close to beating her. I really felt like I'm on the right path."

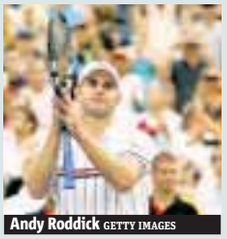
Marion Bartoli, who had never won a set against Maria Sharapova in four previous meetings before the 2012 U.S. Open.

Men's action

Roddick waves goodbye to pro tennis

Chants of "Let's go, Andy!" rang out between points during the last service game of his career, and again before the start of what would wind up as the last return game.

A fan favourite at the U.S. Open, and the 2003 champion, Andy Roddick headed into retirement with a 6-7 (1), 7-6 (4), 6-2, 6-4 loss to Juan Martin del Potro in the fourth round at Flushing Meadows on Wednesday. THE ASSOCIATED PRESS



Andy Roddick GETTY IMAGES

Riders send O'Donnell to Eskimos for Carr

The Roughriders traded the rights to Matthew O'Donnell to the Edmonton Eskimos on Wednesday. O'Donnell spent 2011 on the Cincinnati Bengals practice roster. GETTY IMAGES FILE

The Edmonton Eskimos have acquired the rights to offensive lineman Matthew O'Donnell from the Saskatchewan Roughriders in exchange for wide receiver Greg Carr, the club announced Wednesday.

O'Donnell was drafted by the Roughriders in the second round of the 2011 CFL Canadian draft, but he opted to sign with the NFL's Cincinnati Bengals.

He spent the 2011 season on the Bengals practice roster and was cut by the team this season.

The Comox, B.C., native played college football with Queen's University in the CIS. He was named the top CIS offensive lineman twice in 2009 and 2010, earning all-Canadian honours both years.

Quoted

"From our perspective, we are very pleased to gain the rights to a quality young Canadian offensive tackle."

Eskimos GM Eric Tillman on Matthew O'Donnell

"Matthew's development began at Queens, a program we hold in high regard, and we feel he's made substantial improvement during his time with the Cincinnati Bengals, via two training camps and a full year on their practice squad," Eskimos general manager Eric Tillman said in a statement.

Carr signed with Edmonton as a free agent during the 2012 off season. The 26-year-old appeared in six games with the Eskimos registering 19 receptions for 214 yards and one touchdown.

THE CANADIAN PRESS

4 SPORTS

Mobile sports

Imagine if an athlete checked into a clinic to get his legs artificially lengthened, then came back to beat Usain Bolt over 200 metres on surgically improved limbs. Is such a day far off? Scan the code for the story.

‘You just don’t want to see the fans get hurt’: Subban

NHL. Star defenceman thinks deal to avoid lockout is possible

P.K. Subban’s entry-level contract expired at the end of last season. He currently is without a contract with a lockout looming. ABELIMAGES/GETTY IMAGES FILE

After a summer of uncertainty, P.K. Subban is more concerned about the fans than himself.

The 23-year-old defenceman remains without a contract from the Montreal Canadiens and could be one of 750 players locked out by the NHL next week, but his worries run deeper than that when he surveys the league’s current labour climate.

“Obviously, it’s an unfortunate situation,” Subban said Wednesday. “Nobody wants to see (a lockout). I think at this point you’re more concerned about the fans and making sure that the fans don’t get hurt because ultimately those are the people that support us.

“I think that that’s the only downer about it, is just you don’t want to see the fans get hurt.”

In recent weeks, commissioner Gary Bettman has said he shares the fans’ desire of not wanting to see another work stoppage. He also credited the paying customers for helping the league rebound so strongly from the 2004-05 lockout.

“We recovered well last time because we have the world’s greatest fans,” Bettman said last month.

Subban admits that it’s been a little unusual preparing for a training camp that might not open as expected on Sept. 21. However, he expressed confidence in NHLPA executive director Donald Fehr — “he’s one of the smartest people in North America,” said Subban — and believes there’s a deal to be made.

“As far as players go, all we know is playing hockey,” said Subban. “That’s what’s gotten us to the NHL. We want to see a game on the ice, we just hope that the owners and our association can come to a fair agreement sooner than later.”

THE CANADIAN PRESS

Giving back

Even with the start of the season up in the air, Subban is managing to keep busy.

- This week he helped launch Hyundai Hockey Helpers, a new program that will provide 1,000 needy children with grants of up to $500 to help pay for hockey equipment and registration fees.
- The son of a Jamaican immigrant, Subban relied on hand-me-down equipment as a young boy and can identify with the struggles faced by many families.

Jays halt Orioles’ rise

Blue Jay Yunel Escobar slides home on a single by Adeiny Hechavarria in front of Baltimore catcher Matt Wieters on Wednesday in Toronto. Rajai Davis had a home run and three RBIs as the Jays avoided being swept by the Orioles with a 6-4 win.

VINCE TALOTTA/TORSTAR NEWS SERVICE

MLB

Doping ban for pitcher in Jays’ farm

Another minor-league pitcher in the Toronto Blue Jays’ system has been suspended for doping.

The Office of the Commissioner of Baseball announced Wednesday that right-handed pitcher Jose Brito has been suspended for 50 games without pay after testing positive for Stanozolol, an anabolic steroid. Brito is on the roster of the Dominican Summer League Blue Jays.

The ban comes a week after Jays pitching prospect Marcus Stroman was suspended 50 games after testing positive for the drug Methylhexaneamine.

THE CANADIAN PRESS

THE RIDER store

GRASSLANDS GRAND OPENING CELEBRATION

Harbour Landing South Regina

Wednesday Sept 5: Door Crasher: Inflatable Chair was $79.99 now $29.99
Rider Desk Lamp was $19.99 now $9.99

Thursday Sept 6: Door Crasher: Banner 47 Hat was $22.99 now $9.99
The Wolf 104.9 on location 4 – 8pm
PLAYER APPEARANCES*: 5 – 7pm
Weston Dressler, Brent Hawkins

Friday Sept 7: Door Crasher: Purchase a Sidearm or Power Hoodie now $39.99 and receive a FREE “Over It” tee
PLAYER APPEARANCES*: 5 – 7pm
Kory Sheets, Tyron Brackenridge

Saturday Sept 8: Door Crasher: Reebok White Retro Jersey was $89.99 now $29.99
GAINER the Gopher: 12 Noon
PLAYER APPEARANCES*: 1 - 3pm
George Reed, Gene Makowsky

GAINER! PLAYER APPEARANCES

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Stilwell falls short of repeat double-gold performance

Michelle Stilwell was a slip of the hand away from repeating as a double gold medallist at the Paralympic Games.

The wheelchair sprinter from Nanoose Bay, B.C., took silver in the T52 100 metres Wednesday after winning the 200 metres earlier in London.

“Unfortunately I don’t get to hear O Canada and sing it as loud as I did the other day,” Stilwell said. “I gave it everything I have and silver is nothing to be disappointed about.”

Hers was one of four silver, a bronze, but no gold, by Canadian athletes on Wednesday.

Wheelchair racer Brent Lakatos of Dorval, Que., was second in the T53 800 metres for his second silver at the track.

Benoit Huot of Montreal claimed silver in the S10 400-metre freestyle to complete his set of gold, silver and bronze so far at the pool. Montreal’s Aurelie Rivard also won silver in the women’s 400 freestyle.

Canada’s cycling team also won its first medal of the Games with Marie-Claude Molnar of Lemoyne, Que., taking bronze in the women’s C4 road race.

Stilwell was the gold medallist in both the 100 and 200 metres in Beijing. She aimed for repeat performances in London. Her T52 classification is for quadriplegic racers.

Her left hand slipped on her opening stroke of the 100. Belgium’s Marieke Vervoort took advantage of the mistake and held the Canadian off for gold.

Lakatos couldn’t catch Richard Colman of Australia in the men’s T53 800 metres.

Huot now has a swimming medal of each metal in London. Born with club feet, he races in a classification of minimal physical impairment.

Rivard, 16, was second to Elodie Lorandie of France, who won gold in 4:34.55.

THE CANADIAN PRESS

Medal haul

Canada improved to 21 medals in total with four gold, 11 silver and six bronze.

Canada’s Michelle Stilwell, left, crosses the finish line after Belgium’s Marieke Vervoort in London on Wednesday. MICHAEL STEELE/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

♉ Taurus
April 21 - May 21
Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

♊ Gemini
May 22 - June 21
People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

♋ Cancer
June 22 - July 23
You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

♌ Leo
July 24 - Aug. 23
Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

♍ Virgo
Aug. 24 - Sept. 23
By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

♎ Libra
Sept. 24 - Oct. 23
You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

♐ Sagittarius
Nov. 23 - Dec. 21
This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

♑ Capricorn
Dec. 22 - Jan. 20
If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

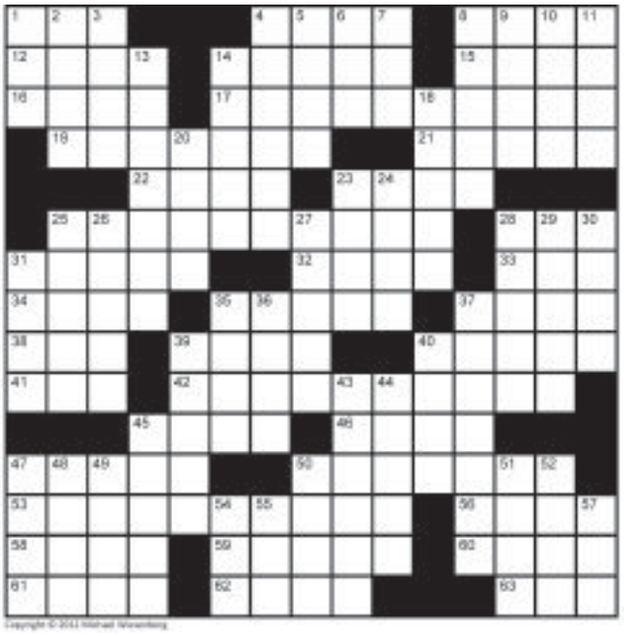
♒ Aquarius
Jan. 21 - Feb. 19
Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

♓ Pisces
Feb. 20 - March 20
Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

Crossword: A PM, Distance, and Two Flora

BY MICHAEL WIESENBERG



Across
1. Big ___: large truck
4. Drink in one gulp
8. Apple attachment
12. "___ I care" (2 wds.)
14. Scarlett ___
15. Skin opening
16. Lima's land
17. 21st PM (2003-2006) (2 wds.)
19. Author of a mournful poem lamenting the dead
21. Vancouver CFL Team
22. Boor
23. Ship's jail
25. Trans-Canada Highway distances
28. "I ___ You, Babe": Sonny and Cher hit
31. Hereditary units
32. Chair or bench
33. "Mais, ___!"
34. Praise
35. Pick ___: draw from the deck (magician's instruction) (2 wds)
37. Either point of a crescent moon
38. Corn, form, or cycle prefix
39. At some distance
40. Hudson's Bay Company's early stock
41. Ancient Egyptian boy king
42. Prominent Prairie Provinces feature
45. Long, long time
46. "___ That a Shame"
47. "I Can't ___ Satisfaction": Rolling Stones (2 wds.)
50. Neither animal nor vegetable
53. BC's wooded tropical region (2 wds.)
56. Grandson of Adam who reputedly lived to 905
58. ___ of Man or Capri
59. Leonard ___: *Star Trek* Spock portrayer
60. Comedy sketch
61. Head: Fr.
62. Black
63. Donkey

Down
1. Eminem's forte
2. "Understood!" (2 wds.)
3. Young female
4. Pure and virtuous
5. High: Fr.
6. http://www.metronews.ca, e.g.
7. Attractive leg, slangily
8. Bit of mistletoe or holly
9. Dorothy's dog
10. ___ go bragh
11. ___ room: loo
13. Gassed up
14. Drug from poppies
18. Like top-name celebrities (2 wds.)
20. Sticky substances
23. Uncle Remus character ___ Rabbit
24. Peruse
25. Canadian star Reeves
26. Yukon natives
27. Bygone Russian despots
28. Elliott of *Ocean's 11, 12, 13*
29. Boots from office
30. Restaurant table leavings
31. Surfeit
35. Bushy hairdo
36. *The Godfather* actor James
37. Shopping ___: malls
39. ___ Aquarius, Innocence, or Reason (2 wds.)
40. Window unit
43. Printemps, par exemple
44. Covered with tiny cloth fibers
45. Year: Fr.
47. Canadian Liberal
48. Let up on
49. Full ___: at top speed
50. Short note
51. Ottawa-born singer-composer Paul
52. ___ *& Clark*: American television series based on the Superman comic books
54. Single
55. Adam's ___: Eve's "source"
57. Yonge in Toronto and Main in Winnipeg: abbr.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

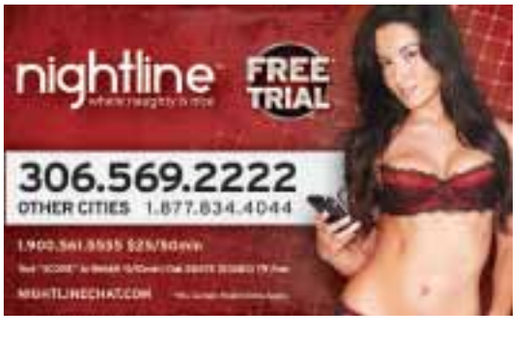
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3	9		4		1		
2								7
6		5		8				
9		2	4			6		
	8						1	
		6			7	8		2
				6		3		1
5								8
		4		9		5	7	

Yesterday's Sudoku

Sharability

easy hard



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2007 HUMMER H3 4X4 — "MINT"
2003 GMC YUKON SLT — "VERY NICE"

2010 NISSAN X-TERRA

SAVE BIG BUCKS $25,911

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